

THE MAD SCIENTIST'S COOKBOOK

*Two simple
devices to help
you relax.*

by Peter Nielsen

*First in a series of
Do-It-Yourself Projects.*

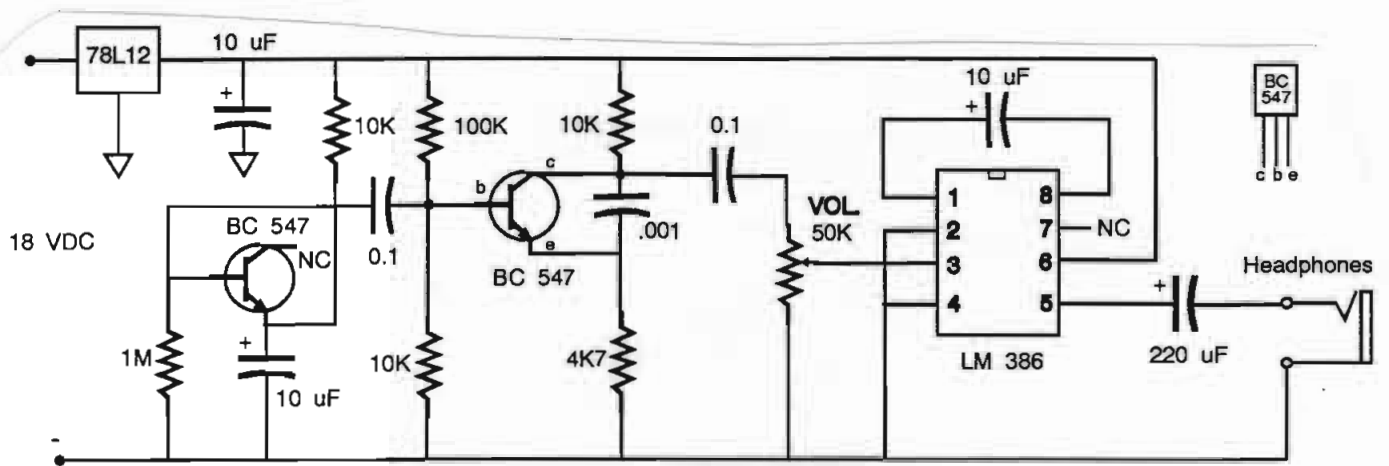
Everything runs on tension, those zones of interface between opposing forces that define the contours of our world. When disparity occurs between this outer reality and personal expectations, a corresponding stress is imposed upon the mind. Compensatory action follows. With each concession to prevailing forces, our options are further internalised, leading to compulsive behaviour patterns, and eventually disease. This descending spiral of negative response has not gone unnoticed by manipulative bureaucrats and advertisers. (See the article on Subliminal Imagery in Nexus Vol.2 #7 April/May '92 edition). Maintaining your "a-tension" is big business. Fear and suppressed violence are becoming suspiciously familiar. Basically, we are in a pressure cooker, and paying taxes to keep the lid on. Walk into any cinema. During the intermission, they sell crutches and bandaids, computers and cars, knowing full well the social danger of baiting a reactive mentality. This movie set, however, is real.

IT'S ALL IN THE MIND

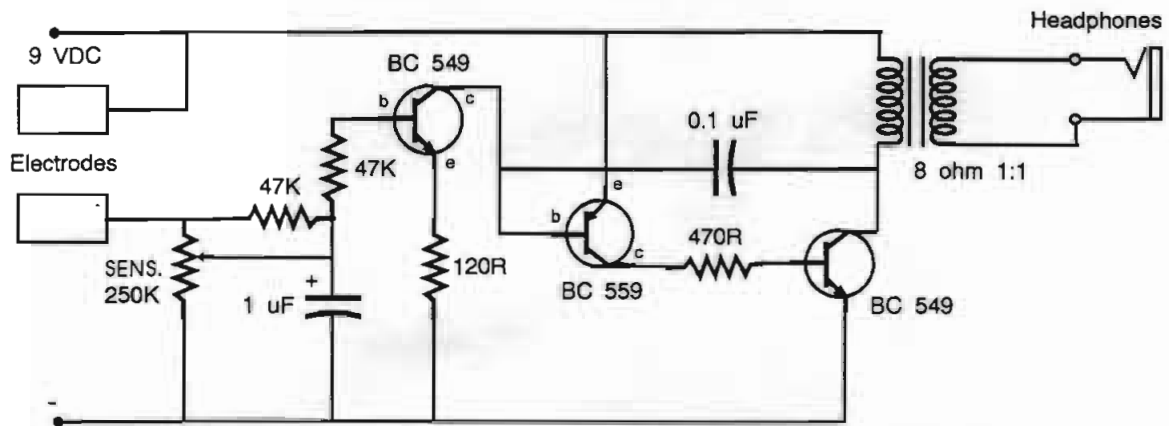
We can't all retire to a forest hermitage to avoid negative impressions. Aside from cultivating fewer needs, the only other path is self-liberation from haunting thoughts and imposed dogma. In the predatory corporate sector, this formerly occult training has reverted to "sales seminars", where morality is twisted to deflect attacks of conscience. Yes, only the victims sleep uneasily at night, unless they happen to read Nexus ... Australia's number one tension-relieving magazine. Who needs barbiturates, bongs, or backyard barbecues? Get harmless relief with space age electronics from your local Mr. Smith store. Sorry, this is mainstream science. We were driven there by imposed desperation. Now, we'll leave by the same door.

CALM IS NATURE'S DEODORANT

Our first circuit is a "galvanic skin resistance meter", or GSR. It emits a tone, which rises or falls in proportion to one's skin humidity, an accurate indicator of stress. By learning to isolate those inner sensations which lower the tone, you simultaneously enter deep peaceful spaces. Far from being "dreamy" or oblivious, this relaxed perception is clear, flowing and more imminent, like zen mediation. Research indicates blood pressure, heart-rate and overall metabolism are reduced, thus freeing the life-force for "high" adventure. Genuine relaxation is accompanied by low frequency "alpha" brainwaves, a prerequisite for intuitive abilities, mystical journeys, and drug-free contempla-



WHITE NOISE GENERATOR



GALVANIC SKIN RESISTANCE METER

tive lifestyles. More worldly persons may find relief from migraines, addictions, and chronic worry. If all else fails, sleep is just around the corner.

IMPORTANT: In both circuit diagrams, connect four-way intersections **ONLY** when a "dot" is shown. Once you have fitted all components, solder two small pieces of copper or tin to the junctions marked "electrodes". Now, make a peace sign with your left hand. Tape firmly, one each to the extended fingertip pads. Attach a nine-volt battery (to the circuit), and adjust the audible pitch relatively low. To avoid spurious readings, do not flex, move, or attend a live-stock auction. Sit comfortably, accentuating the out-breath, and consciously releasing all muscles in the body. With ever more calm awareness, "follow" the tone downward. If you become nervous or excited, it will rise sharply. Your

spirit guide has abandoned you ... re-adjust, start again.

You can prove how thoughts really influence physiology. For instance, a common first response is "Oh boy!, I'm relaxing!" This totally blows it. When the tone finally drops to nil, reset the "sensitivity" control as above, and bottom it out again. Keep repeating this sequence to enter progressively deeper, and more trance-like, levels of pleasure. When you get to the basement, clear out the drains with a few positive affirmations. Once the inner process is mastered, you can throw the gadget away, or post it to Canberra. Oh well, it only cost five bucks.

RAIN ON THE ROOF

By now you know, part of the barrier to relaxation is our agitating stream of thoughts ... mostly trivial, like pictures of heaven on the ceiling. They seem to acquire a momentum

of their own, driven by our emotional involvement with the subject at hand. Fundamental solutions are seldom reached, because real aspiration occurs like a "flash" from beyond the well-worn grooves of day-to-day consciousness. When the pond is rippled, we cannot see deeply. The second circuit applies broad-spectrum noise through headphones, to "jam" this obsessive thinking. Its sound resembles a waterfall, rain on a tin roof, or sticking your head out of a 747. Since random noise has no recurring pattern, it thus demands our centred awareness. What happens is a simulated meditative state. This is particularly noticeable after a fifteen minute session, when the device is suddenly switched "off". You'll feel like you've just made a two-hour confession to the Pope.

This technique has been observed by psychics to restore a healthy balance of "chi" energy throughout the body. Within the rich spectrum of audio frequencies provided, each part of our being finds its own resonance, and is inductively nourished. Some readers may be familiar with the legendary Lakhovsky Multiple Wave Oscillator (MWO), a wideband transmitter employing a similar principle. Our circuit will also mask distracting background noises in a place of study or work, while facilitating the non-verbal mental acuity, memory retention, and relaxed alertness of an "alpha" level. The astute inventor may find how to apply its output directly to the skin, or acupuncture nodes, using a small audio step-up transformer and conductive gel. Estimated cost is about \$8. Once the soldering fumes disperse, attach any headphones, power up with two nine volt batteries, and wind down.

SIMPLY REVOLTING

For hardcore Nexus readers, there are other uses. The noise source, when played through a speaker, effectively jams planted "bugs", or hidden microphones. It's like the old spy trick of running the shower to garble conversations. Secondly, by telling untruths, while learning to stabilise the GSR tone, you can train yourself to elude amateur lie detectors, which work on the same stress syndrome. Start by playing "noise" through headphones at the same time. This talent also provides an emotional buffer against the media's unsettling dichotomy of power obsession and social injustice. Think about it. Why react to the "evening news" with ups and downs, when you can better use the energy to actually do something? Go ahead! Be relaxed, wreck the system!

LEGAL RITES

The author, and Nexus Magazine make no wild claims, therapeutic or otherwise, for the above experimental devices. Never use any other power source than the 9 volt batteries specified. Operate solely at your own risk, and not during any activities unmodified awareness for safety. They should not be used by persons with medical requirements, epileptics, people with pacemakers etc, unless approved by God, UFO astronauts, or a physician. **WARNING:** Nothing in this article may be true.